



Making Your Home A Safer Place

Your Name

Your Unit/Office

Fire Safety Basics

- **Teach the basics of fire safety**
- **Matches and lighters are for grownups only**
- **Never touch matches or lighters**
- **Tell an adult if they find matches or lighters**



In case of a fire...

- **Develop and practice a fire escape plan**
 - **Get out quickly**
 - **Once outside, stay outside**
 - **Meet other family members outside at a predetermined location**



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If trapped inside a burning building...



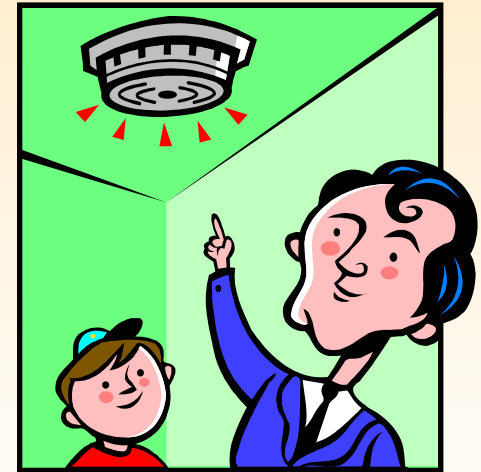
- **Touch doors before opening**
- **Crawl low under the smoke**
- **Signal rescuers from a window**
- **Place towels or sheets above and at the bottom of doors**

Stop, Drop, and Roll!

- **Stop...**
 - where you are
- **Drop...**
 - to the ground
- **Roll...**
 - over, covering face and hands

Fire Prevention Necessities

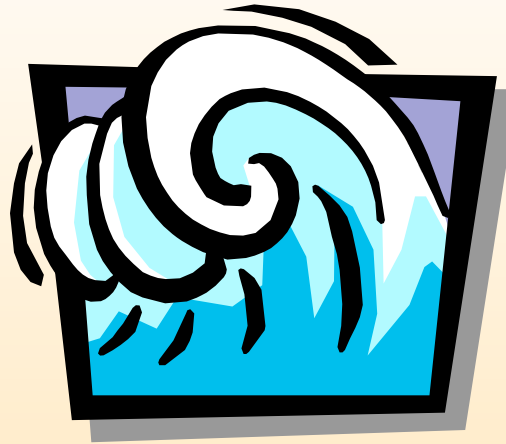
- **Install smoke detectors**
- **Install carbon monoxide detectors**
- **Place fire extinguishers**



Firearm Safety Around Your Home

- **Store guns unloaded in a locked area**
 - **Keep the key hidden!**
- **Secure guns with a barrel or trigger lock**
 - **Keep the key hidden!**
- **Store ammunition separately from guns**
 - **Keep the key hidden!**





Water Safety

Swimming Safety

- **Make sure children know how to swim**
- **Consider CPR course**
- **Make sure children wear personal flotation devices**
- **Air-filled toys, mattresses, swimming aids**
- **Provide adult supervision**



Water Safety At Home

- **Install toilet bowl cover locks or latches**
- **Empty all buckets and pails after use**
- **Empty and store wading pools**
- **Enclose hot tub or spa areas**
- **Install locking cover on hot tubs or spas**



Water Safety At Home

- **Cover hot tub and pool drains**
- **Enclose swimming pools**
- **Keep a long rescue pole and life rings or tubes handy**
- **Lock doors and windows**
- **Install a pool alarm**

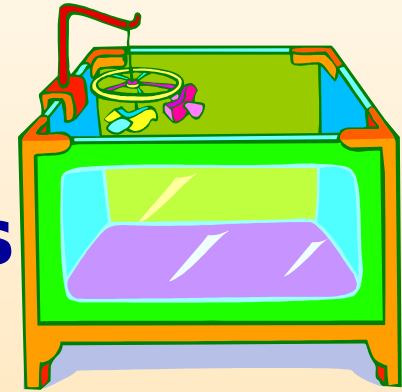




Preventing Suffocation, Strangulation, and Choking

Keeping Cribs Safe

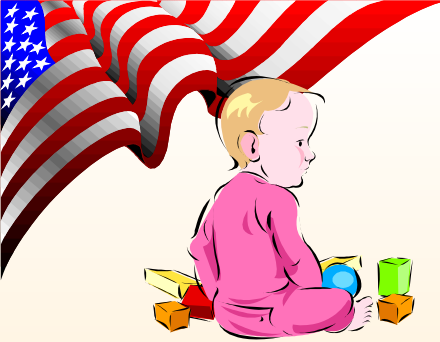
- Crib mattresses
- Crib slats on headboards
- Fasten bumper pads
- Avoid using plastic bags
- Keep all toys with strings away
- Remove necklaces and other jewelry
- Keep cribs away from dangling window shades or drapery cords



Keeping Cribs Safe

- **Keep all pillows, large plush toys, and beanbags away**
- **Keep gyms and mobiles away**
- **Keep the drop-side of mesh playpens raised**
- **Use toy chests with removable lids and ventilation holes**
- **Use safety gates**





Choking Hazards

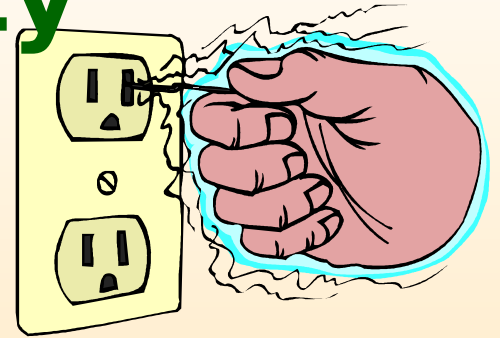
- **Babies and toddlers put everything in their mouths**
- **Chop or shred round or slippery foods**
- **Keep balloons away from children**
- **Keep babies and toddlers away from small, easy-to-swallow objects**
- **Keep babies and toddlers out of older siblings' rooms**
- **Learn infant and child CPR**





Household Safety

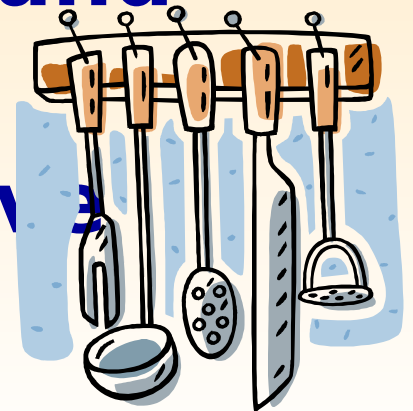
Electrical Safety



- **Unplug appliances**
- **Install caps or plug covers**
- **Install ground fault circuit interrupters (GFCI)**
- **Tag shut-off for gas, oil, water, and main electrical supplies**
- **Teach children to keep electrical appliances away from water**

Kitchen Safety

- **Store knives and sharp tools out of reach**
- **Use safety latches on cabinets and drawers**
- **Turn pot handles inward and use back burners**
- **Use safety barrier on stove**



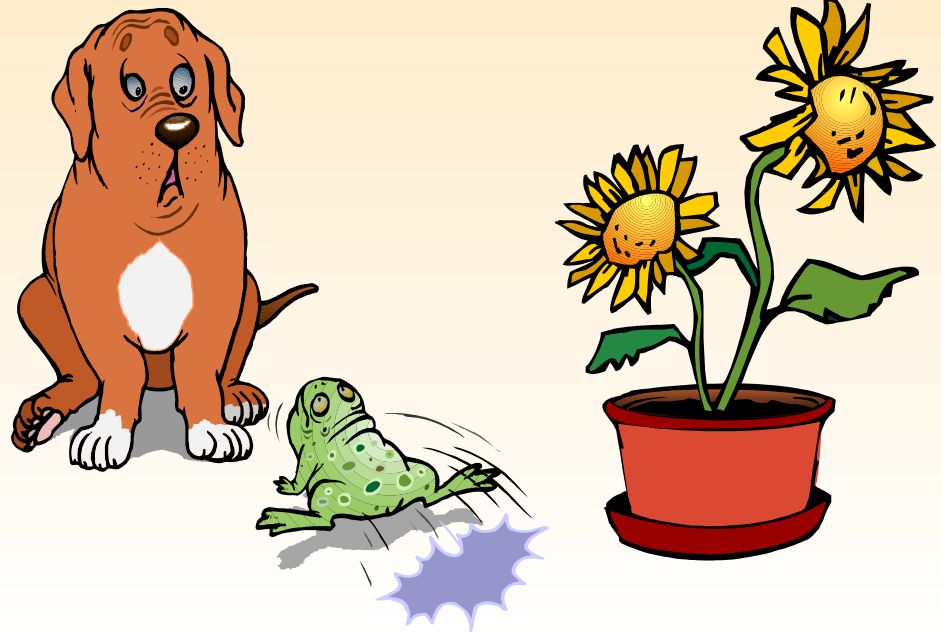
Kitchen Safety

- **Keep foil and plastic wrap boxes out of reach**
- **Keep garbage under the sink**
- **Keep First Aid Kit updated and supplied**
- **Show children how to use the microwave**
- **Show children how to remove pan lids**



Pets and Plants

- **Keep children away from plants**
- **Use covers in pots to prevent playing in the soil**
- **Consider the pet before purchase**
 - **Type**
 - **Temperament**
 - **Allergies**
 - **Hygiene**



Slips, Trips, and Falls



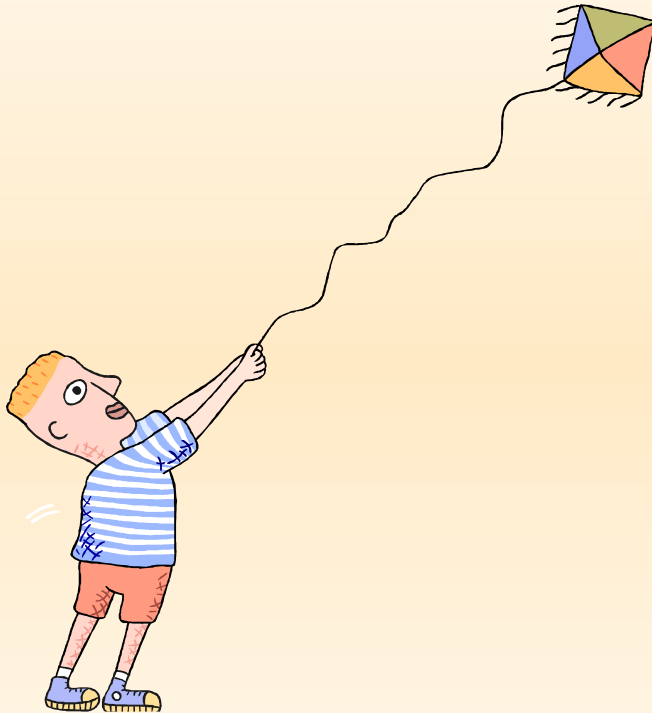
- **Avoid leaving infants alone**
- **Keep infant seats off of tables, chairs, or counters**
- **Use infant seats with a wide, stable base**
- **Lock high-chair trays**
- **Use safety gates**
- **Install handrails on stairs**
- **Use plastic guards on stair or deck railings**

Preventing Falls



- **Keep stairs free of objects**
- **Use throw rugs with rubber backing**
- **Use rubber mats or no-skid decals and grab-bars in showers or tubs**
- **Secure furniture against the walls**
- **Use padding on sharp corners**
- **Keep furniture away from windows**
- **Install easy-to-detach window guards**

Recreational Safety



Yard and Playground Safety



- **Check fences and playground equipment**
- **Anchor playground equipment away from fences, walls or obstructions**
- **Put wood chips or sawdust under equipment**
- **Keep children indoors when mowing the yard**
- **Check yard for snakes, ants, and thorny poisonous plants**
- **Keep children off the lawn at least 48 hours after spraying pesticides**



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Bicycle, Scooter, Skate, and Skateboard Safety

- **Insist that children wear helmets**
- **Wear pads and guards when skating or skateboarding**
- **Properly fit the bike to the child**
- **Place reflective material on bikes, helmets, and clothing**
- **Children should ride on the right side of the road**
- **Never skate or skateboard in the street**



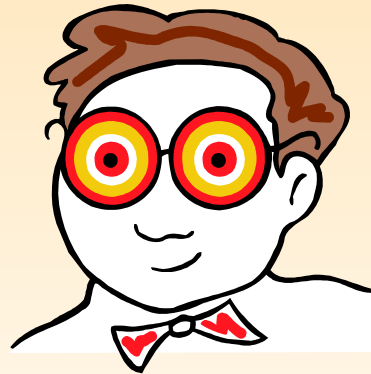


Staying Home Alone and Street Smarts

Advice for Children

- **Never tell anyone they're alone**
- **Keep house keys out of sight**
- **Call the police or go to a neighbor's house**
- **Double-lock doors**
- **Have delivery persons leave packages outside**
- **Tell strangers who call that "mom and dad are busy" and to take a message**
- **Call you, a neighbor, or police if they have a problem**
- **Never talk to, or accept rides or gifts from strangers**

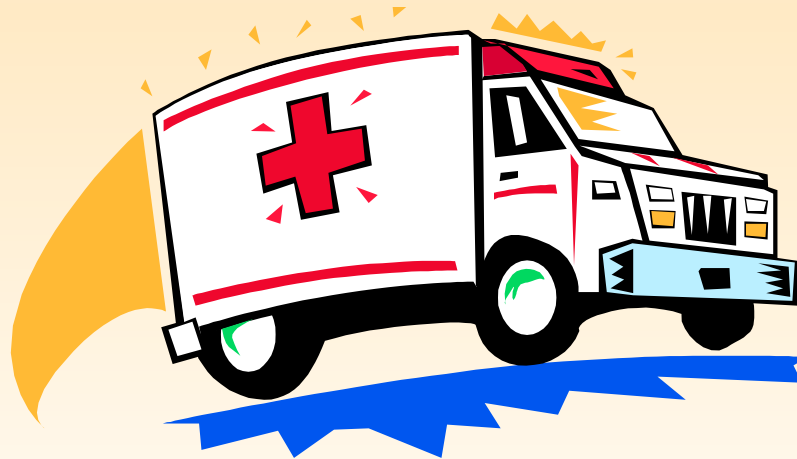
The Stranger



Stranger Strategies

- **Use the buddy system**
- **Walk only on well-lighted streets**
- **Stay away from isolated areas**
- **Use the No, Go and Tell system if someone tries to lure them away:**
 - **No... means don't go with strangers**
 - **Go... means run away if trouble starts**
 - **Tell... means it's okay to tell an adult**

Emergencies



Emergency Numbers

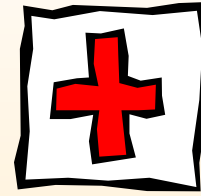
- **Ambulance**
 - **911**
- **Fire**
 - **911**
- **Military Police**
 - **911**

In Case of an Accident

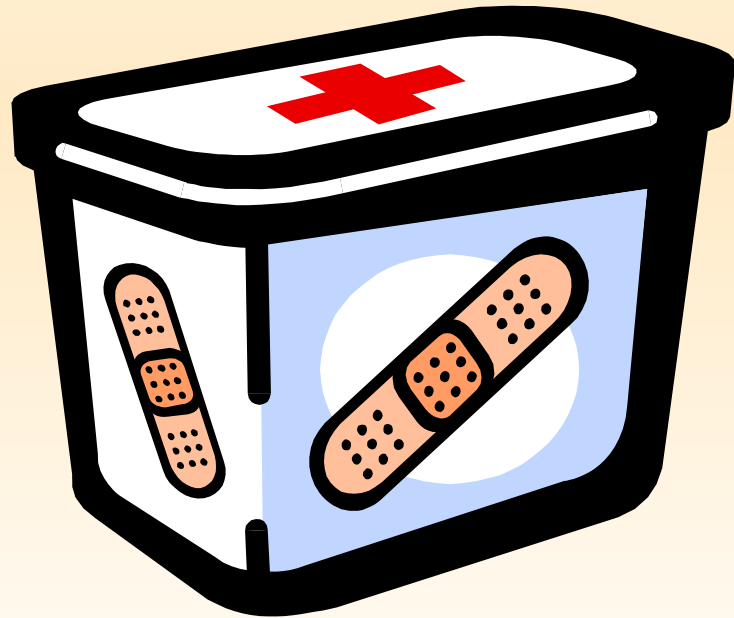
- **Call only if they or someone they know is hurt**
- **Tell the dispatcher what happened**
- **Hang up when the operator says to**
- **Practice emergency situations**
- **Post key numbers by the phone**



First Aid



- Bites, stings, and scratches
- Choking
- Head injuries
- CPR





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Health Topics A to Z

<http://www.cdc.gov/health/diseases.htm>

An On-Line Handbook for Child Care Providers

<http://www.cdc.gov/ncidod/hip/abc/abc.htm>

Bicycle Helmets

<http://www.cdc.gov/ncipc/bike/helmets.htm>

CDC Child Care Health and Safety Action Plan

<http://www.cdc.gov/ncidod/publications/daycare/contents.htm>

Child Passenger Safety Fact Sheet

<http://www.cdc.gov/ncipc/factsheets/childpas.htm>

NCIPC Bibliography of Articles on Dog Bites

<http://www.cdc.gov/ncipc/duip/dogbites.htm>

CDC Childhood Lead Poisoning Prevention Program

<http://www.cdc.gov/nceh/lead/lead.htm>

Playground Injuries

<http://www.cdc.gov/ncipc/factsheets/playgr.htm>

Health Topic: Swimming Pool Safety

<http://www.cdc.gov/health/spsafety.htm>

Child Passenger Safety

<http://www.cdc.gov/safeusa/move/childpassenger.htm>



Questions?

Your Name

Your E-Mail

Your Telephone Number